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SAVE THE FLATS

Vancouver considers condo density funds to preserve industrial land
metroNEWS

Pietra Basilij with the Vancouver Economic Commission discusses the city's plan to transform False Creek Flats into a hub for light industrial manufacturing and tech as well as art and design.
JENNIFER GAUTHIER/METRO

WORK-LIFE BALANCE

Survey: B.C. has 'laziest' workers

Wanyee Li
Metro | Vancouver

Look around — is anyone in your office dozing off? If the answer is yes, that is no surprise because British Columbians report themselves as the laziest workers in Canada, according to a new survey from Monster Canada.

More than one in every four (27 per cent) workers in B.C. say they feel unmotivated at work, while the national average is 22 per cent, according to the survey.

"It just means, in this case, they don't feel that they are in their dream job," said Sheryl Boswell, spokesperson at Monster Canada.

But the results aren't necessarily a sign of unhappiness — perhaps people in B.C. are simply more focused on things outside of work, Boswell said.

In fact, residents in Canada's western-most province ranked work-life balance as the No. 1 thing they like about their current job.

"It could be that people in B.C. find passions in their life in places other than work," said Boswell.

But B.C. residents were also the second-most pessimistic when it came to the outlook on landing their dream job.

About 44 per cent felt they would never find the perfect job, compared to the national average of 35 per cent, according to the survey.

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Barack Obama goes kitesurfing with billionaire Richard Branson. VIDEO ON THE METRO APP

Candidate in on hunt for sign

CHINATOWN

Relative of Chin Wing Chun society founder joins quest

David P. Ball
Metro | Vancouver

Ninety-nine years after Kim Chan Logan's great-grandfather Quai Chan co-founded a benevolent society in a Vancouver Chinatown building, she's now joined a public search for a piece of that building's history.

The Sai Woo restaurant — a modern fusion eatery in the same space as its 1920s-founded namesake — posted a $500 reward for its predecessor's giant neon rooster sign on Jan. 24.

"Help us find the old Sai Woo Chop Suey neon sign which previously shone at 158 East Pender St.," the restaurant posted to its Facebook page, "and we'll make it worth your while…!"

Kim Chan Logan with an image of Sai Woo Restaurant's neon sign. Behind her is a mural depicting her great-grandfather Quai Chan, who co-founded the Chin Wing Chun society. DAVID P. BALL/METRO

When Chan Logan saw media coverage of the restaurant's sign search, she immediately recognized a mural depicting her great-grandfather — a tailor who emigrated from China to Vancouver in the late 1800s — upon the eatery's brick walls.

The 46-year-old remembered the building's distinctive neon rooster sign from her 1970s childhood, and thought the search for it seemed especially fitting with the Year of the Rooster.

"I definitely remember that sign and many of the neon signs in Chinatown growing up," she told Metro in an interview. "Most people who spent time as a child in Chinatown would remember the sights, the signs and — of course — the smells.

"A lot of people want to bring pieces of that back to life.

"When a lot of Chinese people came to Canada, there were a lot of restrictions on where you could live, what professions you could have and eventually there was the Head Tax to try to discourage people from setting down roots here … Some people are actually reluctant to talk about the past, especially if there was hardship. But if you're trying to preserve your heritage you need those details."

One thing that could help her rooster-finding efforts is the fact that Chan Logan is about to spend three months talking face-to-face with hundreds of locals.

That's because the current Telus employee entered the provincial election in the riding of Vancouver-Kensington for the BC Liberals, and decided to carry a photo of the Sai Woo Chop Suey rooster sign on her iPad in hopes someone might offer a clue to its whereabouts.

And although Chinatown isn't actually in the riding, she said it's "hands-down one of the most multicultural communities in the country."

Questioned about locals' concerns about not only the loss of heritage, but also rising rents and development pressures pushing low-income Chinese-Canadian residents out of their historic neighbourhood, Chan Logan said, "There's no simple answer."

"I do know it's a concern," she said. "There's no simple answer for how to preserve the heritage of Chinatown and its future uses, but I think there's a lot of discussion happening right now about that and it's so important to hear what people think and understand their concerns."

A primer for tonight's park board meeting

Jen St. Denis
Metro | Vancouver

Tonight the Vancouver Park Board will hold a public meeting to discuss a new operating agreement between the board and non-profit community centre associations. People care a whole lot about this issue — but it's confusing. So we've created this explainer to help you follow along.

What do community centre associations do?

The associations are volunteer, non-profit entities that are responsible for developing specific programming (like a yoga class) as well as fundraising. They are unique to Vancouver and have been in place for decades.

What is their relationship to the park board?

The Vancouver Park Board owns the community centre buildings and pays for maintenance and staff. The park board collects revenues from pool and rink fees and for most fitness centres. The associations collect fees for programs (like a yoga class) and are responsible for paying for the program instructors. They take a 25-30 per cent profit margin from those fees. In a few community centres, like Killarney, the associations also collect the fitness centre fee.

What's the problem?

The main point of contention is the park board's requirement that community centre associations that run a surplus will give the park board between 1 and 2 per cent of their surplus so the board can subsidize community centres in lower-income parts of the city, where it's more difficult to raise funds through user fees or fundraising.

What does each side say?

The associations say the new rules undermine their status as independent entities and will impede their ability to provide programming specific to each of Vancouver's unique neighbourhoods. The parks board says it's a matter of equitably sharing funds.

The meeting starts at 6 p.m. at the Morris J. Wosk Centre, 580 W. Hastings St.

CLARIFICATION

A Metro column on Tuesday incorrectly stated that pools were run by volunteers and that revenues from them were collected by community centres. Metro apologizes for the error.

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City to put protections in place for industrial land

FALSE CREEK FLATS

Considers creating new agency as land values spike

Jen St. Denis
Metro | Vancouver

When the City of Vancouver allows a tall condo building to be constructed, council often requires the developer to pay for a daycare, park or social housing.

But with the sharp increase in the value of commercial land over the past few years, the city is now considering using the same model to protect the affordability of industrial land.

"We're looking at what the options are to use land lift from some of the areas — things like density bonusing," said Pietra Basilij, who has been working on an economic development strategy for the False Creek Flats industrial area for the Vancouver Economic Commission.

While the city wants to keep most of the flats zoned as industrial space, there are areas around the edges of the inner-city industrial zone that will likely be developed as a mix of commercial and residential.

The VEC has also been looking into creating an entity, similar to the city-run Vancouver Affordable Housing Agency, that would buy, hold and develop industrial land and buildings. It's similar to agencies that already exist in San Francisco and New York, Basilij said, adding that the idea is still in the very preliminary stages.

Pietra Basilij with the Vancouver Economic Commission discusses on Feb. 2 the city's plan to transform False Creek Flats into a hub for light industrial manufacturing, technology as well as art and design. JENNIFER GAUTHIER/METRO

"The approach we'll be recommending is to start very light touch, doing projects that are quick and easy to get off the ground and then scaling up," she said.

Scott Mason, owner of Landsea Tours, knows the affordability challenge well. The assessed value of the property he's leased on Industrial Avenue since 2010 went up 140 per cent between 2015 and 2016. He's anticipating a big increase when his lease is up for renewal in two years.

Mason wants to buy industrial land in the flats, but it's been difficult. A deal fell through a few months ago, and Mason thinks it's because the seller was anticipating being able to get a higher price for the land in the future.

Mason says he needs to be on the flats because his bus touring company picks passengers up from downtown Vancouver hotels. Moving to Burnaby would add an extra 40 minutes of driving time for his drivers and increase costs by $50,000 a year. But as the cost of land rises, it's starting to look like a more and more cost-effective option.

Under the city's proposed plan — which would see the flats develop to higher buildings that are a mix of office and light industrial, as well as space for artists — job-creating businesses like Mason's will stay. Other uses that don't create as many jobs, like surface parking lots and self-storage businesses, will likely go.

"In terms of the actual land value itself, there's not a huge amount the city can do to control rising land value and speculation," Basilij said.

"One thing we've been pretty adamant about is kind of drawing a line in the sand, saying no residential in the northern and eastern area of the flats, because it raises land values so, so rapidly."

MIGRANT CHILDREN

Schools without borders

David P. Ball
Metro | Vancouver

New Westminster's school board received the first draft of a policy welcoming undocumented and precarious migrant children to enrol in the city's schools without fear of being reported to immigration authorities.

The policy was presented to the elected board's Education Committee on Tuesday evening, which will review the proposal, consult the public and vote on whether to recommend passage by the New Westminster Board of Education as early as Feb. 28.

"Ideally, this would allow for any updates to procedures to be ready well ahead of (the) 2017-2018 school year," explained board vice-chair Mark Gifford. "The work has had lots of early support on board, so I'm hopeful it can move forward smoothly."

At the heart of the proposed New Westminster policy is an affirmation that "all school age children who are residents of the school district, including those who are without immigration status in Canada, are entitled to admission to school."

But the draft policy goes further, preventing Canada Border Services agents or other immigration authorities "to enter schools or Board facilities unless required by law," preventing students' immigration status being disclosed to such authorities unless required by law, and creating an independent complaints mechanism "to hear from families who have been denied admission based on immigration status … to ensure that no child is turned away."

The proposal comes after more than a year of consultations with community groups who shared stories of families in the city with precarious legal status in Canada.

The owners of this 33-acre lot in Pitt Meadows, protected under the Agricultural Land Reserve, have applied to build a 31,000-square-foot **mega home** on the property, drawing concern from residents and the city. METRO FILE

Giant homes price out new farmers

DEVELOPMENT

Municipalities responsible for permits, minister says

Matt Kieltyka
Metro | Vancouver

It's up to cities to do something about giant homes on protected farmland, according to British Columbia's minister of agriculture.

Metro ran a story Tuesday on Pitt Meadows Mayor John Becker urging the province to "show leadership" and set up uniform rules about house sizes on Agricultural Land Reserve properties in B.C. after an investor applied for an "offensive" 31,000-square-foot estate home on protected farmland in his city.

On Wednesday, minister Norm Letnick reaffirmed that those kind of decisions are up to municipalities, not the province or the Agricultural Land Commission.

"Decisions regarding housing and building permits are the responsibility of local government," Letnick told Metro. "I would suggest local government like it just the way it is and don't want the province to come in. And you have others that are currently reviewing their bylaw standards that might think otherwise. I have not heard from the Union of B.C. Municipalities that that's one of the things they want us to do."

The ministry developed a bylaw standard in 2011 for municipalities to use as a guideline to address the issue of mega homes on farmland, Letnick said.

That led to cities like Port Coquitlam, Delta, Squamish and the District of Kent introducing bylaws to restrict the location and size of homes on ALR land.

Richmond is also currently reviewing its bylaws.

"The province did show leadership on this," Letnick said, referring to the bylaw standards. "That bylaw standard is available for every local government to look at as they make their decisions regarding housing and building permits."

New Democratic Party agriculture critic Lana Popham, however, says the province hasn't done enough to protect valuable farmland from investors looking to take advantage of loopholes to buy large chunks of land in Metro Vancouver.

Popham believes the Agricultural Land Commission should be in charge of setting up and enforcing restrictions on house sizes on protected land.

"If the land is in the ALR, the mandate is to protect agricultural land and encourage farming. That would allow the province to fulfil that mandate, if they're regulating the size of houses," Popham said.

> **"Once you build a home that size, there is no way a farmer starting out will ever be able to afford to purchase that farmland."**
> Lana Popham

She argues that mega houses on ALR land don't just negatively impact the amount of farmable land. They also price would-be farmers out of the industry.

"Land cost is already the biggest barrier to new farmers. Once you build a home that size, there is no way a farmer starting out will ever be able to afford to purchase that farmland," Popham said. "There are a lot of problems that we've come across in the last couple of years, like examples in Richmond where the properties get purchased and these 'homes' start operating as other entities, other businesses. The opportunity to farm is gone."

With or without the province's help, Becker said the Pitt Meadows application has "galvanized" his community and he intends for the city to re-visit its own bylaws.

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POSTCARD NO. 8

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Influx at the border

REFUGEES

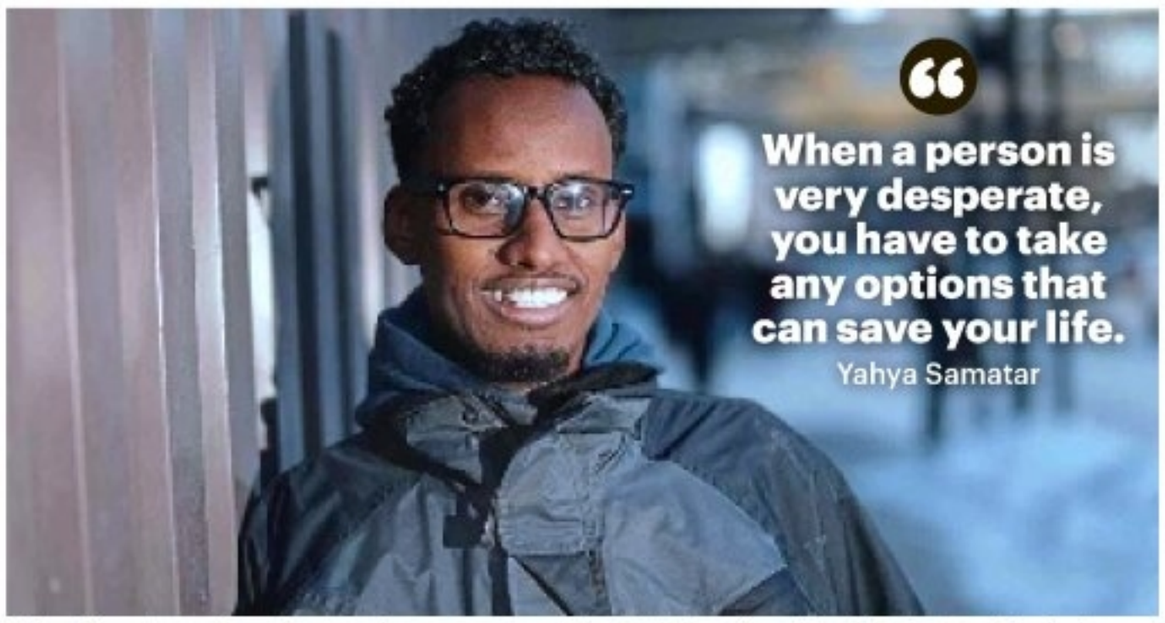
Manitoba town sees flood of asylum seekers

An increasing number of people seeking asylum are braving the elements of the open prairie to come into Canada from the United States, says the head of one small community that is calling for federal help to deal with the influx.

Last weekend alone, 22 people crossed the border from North Dakota into Emerson-Franklin, RCMP confirmed Tuesday. Nineteen were put up in a community hall where they were supervised and fed by officials and volunteers in the community of 2,000.

"It's starting to get overwhelmed here, and now we're starting to have concerns that we maybe need to have more security or do something different," said Greg Janzen, the municipality's reeve.

The area has always seen the occasional border jumper due to the short walk from communities such as Pembina or Noyes in North Dakota to Emerson-Franklin, which sits right on the boundary. The numbers have increased in recent months and have shot up dramatically in the last couple of weeks following planned new restrictions in the U.S. on refugees. Federal Public Safety Minister Ralph Goodale said Tuesday that border crossings in other parts of the country have also seen an increase, but overall numbers are not as high as they were several years ago.



Yahya Samatar, a Somali man who swam across the Red River from North Dakota to Manitoba and has since been granted refugee status. TREVOR HAGAN/THE CANADIAN PRESS

One of the highest-profile crossers was Yahya Samatar. Originally from Somalia and fearing persecution from a group affiliated with al-Qaida, he came to the U.S. and was denied refugee status. In the summer of 2015, he made his way from Minneapolis to the border area not far from Emerson-Franklin.

He got lost, saw the Red River and jumped in, hoping that Canada was on the other side. After getting out and walking for another 45 minutes or so, he came across a Good Samaritan who helped him.

"When a person is very desperate, you have to take any options that can save your life," Samatar recalled Tuesday. He has been allowed to stay in Canada and now works at an office in downtown Winnipeg. THE CANADIAN PRESS

Confusion reigns in White House

POLITICS

More mixed messages from U.S. president and his team

Donald Trump's press secretary stood at the White House podium and delivered a message to the world: Trump's executive order was "not a travel ban" and "not extreme."

Sean Spicer's words last week were duly reported. Then Trump went on Twitter and touted his "travel ban." His phrase for it: "extreme vetting."

It was yet another mixed message from an administration that has made a dizzying early specialty of them.

On matters semantic and significant, the U.S. President and his team have left America's allies and adversaries suffering through the world's highest-stakes involuntary guessing game, struggling to decipher just what it is this government actually means.

Prime Minister Justin Trudeau has dispatched at least three ministers to Washington this week. They will work to build relationships with the young administration. They will also seek clarity.

The pressing question is not only whether anyone who is not Trump can accurately speak for Trump. It is which Trump words are the magic Trump words.

"That's a question that is already being asked inside the bureaucracy: when the president tweets something, how literally should we take that? And I think the answer is, we don't know yet," said Philip J. Crowley, an assistant secretary of state under Barack Obama. "And I suspect inside the White House, they don't know yet either."

The confusion may not exclusively be evidence of inexperience and inevitable first-month disorganization, although that seems part of it. Trump has argued, in his campaign book and in interviews, that a president should use "the element of surprise" to keep opponents "off balance" — creating his own version of Richard Nixon's "madman theory" of diplomacy.

"In the foreign policy world, predictability is a very significant currency. And yet we have in the president someone who prides himself on being unpredictable, even impulsive," Crowley said. "Whether this is a permanent feature of the Trump administration, or just a phase as the president learns the nature of the job, that's a question I'm not sure we have an answer for yet."

Trump's volatility has miffed not only America's enemies but its friends.

TORSTAR NEWS SERVICE

White House Press Secretary Sean Spicer fields questions about U.S. President Donald Trump's executive order travel ban and other topics. CHIP SOMODEVILLA/GETTY IMAGES

TRAVEL BAN

- A panel of appeals court judges reviewing President Donald Trump's travel ban hammered away Tuesday at the federal government's arguments that the states cannot challenge the order.
- The hearing before the San Francisco-based 9th Circuit Court of Appeals judges was the greatest legal challenge yet to the ban, which has upended travel to the U.S. for more than a week.

GLOBAL DIGEST

SOMALIA

Election amid turmoil

Colorful campaign posters in this seaside capital give the impression that Somalia's presidential election on Wednesday will be like any other. That's far from true.

Mogadishu is in lockdown because of violence by homegrown Islamic extremist group al-Shabab. The airport will be closed, and the vote will be confined to a heavily protected former air force base.

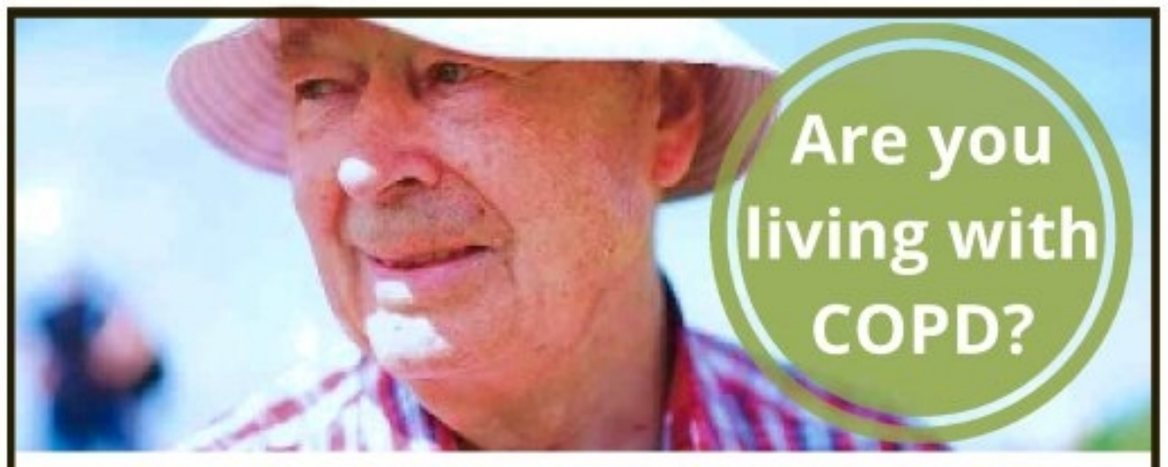
Fears of attacks already have delayed the vote several times.

THE ASSOCIATED PRESS

SYRIA

Thousands hanged: Report

The prison was known as "the slaughterhouse." Behind its closed doors, military police hanged as many as 13,000 people over four years, according to a report by Amnesty International. The report covers the period from March 2011 to December 2015. THE ASSOCIATED PRESS



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metro VIEWS
Your essential daily news
Wednesday, February 8, 2017

JESSICA ALLEN ON DECIDING WHAT YOU VALUE

Boycotting a product or service to make a political statement is one thing. But follow the money, and it gets a lot more complicated.

Sometime in the late '90s at a friend's backyard barbecue, I remember meeting a woman who refused a bowl of ice cream.

She was boycotting the brand, which I don't remember. But they'd done something terrible.

While I ate mine (strawberry, I believe), I noticed she was wearing Nike trainers. It must've been right after Michael Moore's 1997 The Big One, a documentary in which Moore meets with Nike CEO Phil Knight and asks him to manufacture his shoes in America rather than in Indonesian sweatshops.

"How did she choose to boycott the ice cream over the shoes?" I thought. And, as I realized everything I was wearing — from my socks to my hair elastic — was probably made under ethically and environmentally questionable circumstances, it occurred to me: If I want to put my money where my mouth is, the only alternative is to go live in a tree house.

Flash forward to today and whatever your beliefs, there's a boycott for you.

Say you support Donald Trump's executive order banning refugees and travellers from seven mostly Muslim countries. Then, you might choose to boycott Starbucks because the coffee company promised to hire 10,000 refugees. Or perhaps Budweiser, whose Super Bowl commercial was decidedly pro-immigration.

If you detest the ban, you can boycott anything that says Trump on it, like his hotels and neckties, or his daughter Ivanka's fashion lines.

You may have also been one of the 200,000 who deleted the Uber app after the ridesharing company was seen as undercutting the largely Muslim, 19,000-strong New York Taxi Workers Alliance.

The day after Trump signed his executive order, the alliance called for a one-hour freeze on pickups at JFK airport to show solidarity with thousands of protesters who'd gathered at the airport.

"We cannot be silent. We go to work to welcome people to a land that once welcomed us. We will not be divided," they tweeted.

But #DeleteUber wasn't just trending on Twitter because Uber drivers ignored the freeze and shut off their surge pricing.

Back in December, their chief executive Travis Kalanick was asked to join an economic advisory council with Trump.

The proximity to that name was enough to encourage many to switch to Lyft, another rideshare service, that recently announced it was donating $1 million US to the ACLU. But then it became known that two of Trump's advisers are major Lyft investors.

In other words, things got complicated. But deleting seemed far more effective in the moment than distilling.

Distilling would've required taking the time to ask what is wrong with Kalanick taking part in the economic advisory council, and, more importantly, what is this council?

The Strategic and Policy Forum, according to Trump's website greatagain.gov, is a chance for 16 business leaders "to provide direct input to the President from many of the best and brightest in the business world in a frank, non-bureaucratic and non-partisan manner."

Let's say you want to protest Trump's immigration policies by boycotting Uber: It's not quite as clear-cut as you think. GETTY

Who else is going? CEOs and representatives of Tesla, Pepsi Co. General Motors, Walt Disney, Boeing, IBM, JPMorgan Chase, Walmart, and Daniel Yergin, a Pulitzer Prize-winning author and energy analyst, among others.

Do we boycott them, too?

Kalanick emailed his staff to explain why having a seat at this table wasn't an endorsement of the president, but a chance to effect change, and "that by speaking up and engaging we can make a difference."

Days later, Kalanick removed himself from that table: "The implicit assumption that Uber (or I) was somehow endorsing the Administration's agenda has created a perception-reality gap between who people think we are, and who we actually are."

Which is a shame because a businessperson with clout will not take part in a conversation that could greatly affect the American economy.

I didn't delete my Uber app, although I should because they can't find my house on their navigation system. Actually, I probably should never have downloaded it in the first place.

They didn't just undermine New York City taxi drivers during the protest. Their entire business model undercuts those drivers every single day.

The ridesharing enterprise is based on incentivizing workers to undervalue their labour. Many drivers are supplementing a menial day job with the earnings from another. If you choose Uber, you're not thoughtfully considering how your dollars translate into the world we live in.

That is the problem.

Faced with an increasingly complicated and politicized world, it's time to start looking beyond hashtags and realize that every decision — from the $4 ride to the $4 socks — has political implications.

The problem isn't how to spend your money, the problem is deciding what you value and being savvy enough to make sure you aren't accidentally supporting it.

But cheap socks are amazing. That's the hard part. If you begin to follow the money, the tree house starts looking better and better.

It's time to start looking beyond hashtags and realize that every decision has political implications.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Our refugee policy is tested now that the crisis is at our door

The next few years will test the strength of Refugees Welcome. And I worry it is a test Canada is doomed to fail. While Canada has moved on with generosity and relative openness to the Syrian crisis, many of the world's refugees have been left in a confusing lurch.

The Trudeau government has committed to playing a part in bringing over refugees from Syria. But even in that, their response has been haphazard. For example, in December, Ottawa placed a cap on private-sponsor applications for Syrian and Iraqi refugees at 1,000 for 2017.

That is only a fraction of the 13,000 Syrian refugees that arrived in Canada via the private sponsorship program in 2016 alone.

For many families and community groups on the private sponsorship list, the announcement was a surprise; while the government sorts through a massive backlog, they have waited, ready and willing.

The private sponsorship option is Canada's flagship PR-friendly program; it is a standout program that is cited by experts for its uniqueness and superb co-ordination.

A speedy and co-ordinated response is essential. The global refugee crisis has now arrived at our borders.

According to the Toronto Star, border guards in Quebec reported a threefold rise in migrants walking across the border to claim asylum in Canada. In many spots, including Emerson, Man., communities along the U.S.-Canada border are reporting a substantial increase in migrants trekking through treacherous weather.

The election of U.S. President Donald Trump, and the subsequent travel ban on seven mostly Muslim countries, has only increased the volume of asylum claimants crossing the border from the U.S. into Canada.

The government response has been lacklustre. After Trump's executive order, Prime Minister Trudeau tweeted, "To those fleeing persecution, terror & war, Canada will welcome you, regardless of your faith." For many, this was seen as an open invitation (and defiance of Donald Trump). And yet, when pressed on it, Immigration Minister Ahmed Hussen clarified that there would be no actual increase in the number of refugees Canada would welcome. The U.S. would keep its designation as a safe country.

For migrants from Muslim countries, the U.S. is not a safe option. In fact, as Daily Xtra reported, LGBTQ refugees from Iran — an Islamic country hostile to queer citizens — are now stranded in Turkey, a largely Muslim country already overwhelmed with refugees. They'd been promised asylum under the Harper government. They are now being told by the Canadian embassy to apply to the United States, a nation presided over by a man hostile to all Muslims.

As the American situation unfolds and crises in South Sudan and Venezuela become more urgent, this lack of coherence will show up at our doors.

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metro LIFE

Your essential daily news

Wednesday, February 8, 2017

The Bunnies are back... Three decades after the original Playboy Club closed in New York, a victim of changing tastes and views on women, a new one will debut later this year a few blocks from Times Square.

A meal that made you fall in love

There's nothing more romantic than staying home and cooking for a loved one. We asked readers what they made for their significant others during their early stages of dating or as newlyweds. Here are a few of their stories.

TORSTAR NEWS SERVICE

Lakshmi

My husband Ghopal was my brother's friend and we knew each other for five years before we got married in Hyderabad, India. When we got engaged I made him upma, a south Indian bread dish, because I had bread in the house and it's a quick dish that he never had before. He still enjoys it today after 47 years of marriage! We moved to Toronto 43 years ago and both love introducing our dishes to friends and neighbours. Ghopal does the chopping and I do the cooking, but he also makes really good curry puffs. My husband used to work at Sears and I would bring him lunch and we'd eat in the cafeteria together. Now we're both artists where he'll draw and I'll paint. We love doing things together.

Karen

My whole family loved my meat loaf. So when I made it as a newlywed for my husband I expected a warm reception. But my husband was surprised that I didn't cover it with a tin of tomato soup like his mom did. He was downright mystified by the garlic. It wasn't his momma's meat loaf, which he professed to love, but I carried on, knowing that it would be his new favourite. I could not have been more wrong. It seems that while I was cleaning up that night, he tried to flush the meat loaf down the toilet. The toilet got completely stopped so we had the superintendent come up with a plunger to our new apartment. That happened in September 1970 when we were both 18 and remarkably we're still together.

Benjamin

Eleven years ago when I lived in Cleveland, I met Carolyn at a creative workshop and we had a long-distance relationship for about eight months. I bragged to her that I was a good cook and on her first visit, I told her to play Iron Chef: name one ingredient and I'd make an entrée with it. She said chocolate. I made her chicken breasts with a mole sauce. We married in 2007 and ironically, she has since given up chocolate and is now a vegetarian.

Donalda

The first meal I made for my husband Roy was a TV dinner when I was 20. I took the dinners out of the freezer, read the instructions, turned on the oven and put them in. I picked up a magazine to read while they cooked. Eventually the timer went off and I took out the TV dinners, which still had frost on top. I didn't realize you had to preheat the oven. Roy never said anything about my mistake. He's been very faithful complementing me about enjoying what I've made for us to eat. As the years passed, I've become a very good cooks. Roy and I have been married for 60 years since last November. Needless to say, I've learned to turn on the oven at the proper time and temperature.

Nancy

I met my husband when we went to the same college in Illinois in 1965. When I graduated, we moved to Canada and got married. His family is from Estonia, so I wanted to learn the language and pay attention to his customs. I never learned the language very well but I did learn to make rosolje, a traditional beet salad that his family made at Christmas. He bought the salted herring and chopped up many of the ingredients: beets, apples, potatoes, meat and pickles. I realized at that point that he had good culinary skills. I was surprised. That was in 1967. We continued to make rosolje every Christmas and we plan on making it this July for our 50th wedding anniversary.

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BOOST FAT BURNING

THE POWERFUL SLIMMING EFFECT OF HEAT

Are you looking for a smart way to burn body fat on a daily basis? Scientists have found that a natural food substance in chili has powerful effects on body fat levels. The key is in heat production.

Our body has two types of fat tissue; White and Brown. White fat is passive and just stores fat on your body. But brown adipose fat tissue (BAT) regulates the burning of calories for heat. Brown fat was thought to only be active in infants, to stay warm, but studies are showing that BAT can still be active in adults and the more active it is, the thinner they are!*

HOW DO WE ACTIVATE BROWN FAT?

Freezing your body is one way (cold showers, exposure to ice etc.), but luckily, this is not the only way. BAT is also activated by a natural ingredient called capsaicin – the chili compound that makes hot peppers hot. Add chili to a meal and you increase fat burning up to 150%.*

ADDING EGCG FROM GREEN TEA TO MAKE A "SUPER FAT BURNER"

The problem though, is that for best results, you need to add chili to most meals.* Since this is not practical, New Nordic has designed a tablet called Chili Burn™, containing the ideal amounts of chili pepper for fat burning. But to increase the power of the tablet, we added green tea and chromium, which have long been used and proven to promote slimming, especially around the belly.* Take one tablet with your morning and mid day meal, and you are on your way to a leaner you.

DID YOU KNOW?

Chili has been blamed for hurting the stomach lining and creating a burning sensation, but research shows the opposite. Hot chili peppers actually protect the stomach lining and may prevent gastric upsets.*

TEST YOURSELF

- ○ I want to lose at least 5 kilos
- ○ I store fat on my belly
- ○ I don't eat many spices
- ○ I don't drink a lot of green tea
- ○ I don't exercise twice a week

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Chili Burn™ is available in Canada at major pharmacies and health food stores. For more information or to buy directly from the manufacturer, call 1-877-696-6734 or visit our website. * For all references, please visit our website

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High fives for Drake, Mendes and Weeknd

2017 JUNO AWARDS

Home comfort for global stars as Downie joins front of queue

Shawn Mendes and the Weeknd (inset) are both nominated for album, song and artist of the year awards at this year's Junos. THE CANADIAN PRESS FILE

Global music stars Drake, Shawn Mendes and the Weeknd were celebrated at home Tuesday as they were named the leading nominees heading into this year's Juno Awards, while Gord Downie's work in 2016 could garner a half-dozen trophies.

Downie is nominated for songwriter of the year, best adult alternative album and best video for his multimedia solo project Secret Path, which is also in the running for recording package of the year. His band the Tragically Hip is also up for group of year and rock album of the year honours.

Drake, Mendes and the Weeknd all have five nominations and are contending in marquee categories including best album, best single, artist of the year and the Juno Fan Choice Award. Pop singer Alessia Cara followed closely behind with four nominations, as did the late Leonard Cohen.

A Tribe Called Red, Grimes, Ruth B, Kaytranada, and Tegan and Sara all have three nominations. Pop singer Coleman Hell said returning to the Junos after being nominated as breakthrough artist last year is encouraging. He's nominated for Summerland in the pop album category this year.

"It feels pretty validating," he said.

"You put so much time into these things and you never know what's going to happen with it, so it's nice to be recognized."

The Strumbellas felt an extra sense of accomplishment with their three Juno nominations, which include group of the year and the fan choice award. They say it was about a year ago when their single Spirits, which is up for single of the year, started its surge into the mainstream.

"We got a Juno nomination early in our career and ... we were so excited at the time," said keyboardist Dave Ritter. "So it's great to be back, nominated again, and to have it cap off what's been a crazy year."

The Juno Awards will be staged at Ottawa's Canadian Tire Centre on April 2 and air on CTV. THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Bloody glowers only for Hardy

THE SHOW: Taboo, Season 1, Episode 2 (FX)
THE MOMENT: The period filth

The War of 1812 is nearly over. James Delaney (Tom Hardy) has just returned to England after 12 mysterious years in Africa. He has many enemies — as did his late father, who left behind angry creditors.

Delaney and his crooked lawyer Thoyt (Nicholas Woodeson) have called the creditors into a courtroom, where they mob behind the bar. Delaney glowers at them from the front.

"The son does not inherit the debts of the father," Hoyt cries.

Suddenly Delaney stands, opens a leather satchel, and tips its contents onto a table. Coins rain down. "That is 219 pounds and four shillings," he growls. "My father's debts total 219 pounds and four shillings. So you will be paid. But first you will form an orderly line."

The mob quietens. "But first you will form an orderly line," Delaney repeats, more slowly, but as menacingly as a dragon. The men form a line.

I hope if Hardy ever wins an award for this, the first person he thanks is his makeup artist.

Never has there been a more scrofulous show. Every character, including King George, is perpetually disgusting: Their cheeks are streaked with soot, their knuckles red from punching things. What teeth remain are green or rudely capped with clots of silver. And the tattoos! I hope some of the many on Hardy's body are real, or else he's spending days in makeup chairs.

But man, it's effective. Hardy's glower is scary no matter how it's deployed. But it's really powerful when rimmed with blood and grime.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BANNON NEXT?

Rosie ready for SNL skit

On the heels of actress Melissa McCarthy's caustic portrayal of White House Press Secretary Sean Spicer on Saturday Night Live, comedienne Rosie O'Donnell says she's available to play President Donald Trump's controversial adviser Steve Bannon.

On her Twitter feed Monday night, O'Donnell responded to suggestions that she play Bannon by saying "available — if called I will serve."

McCarthy lampooned Spicer last weekend in a Saturday Night Live sketch where she taunted reporters as "losers," fired a water gun at the press corps and used the lectern to ram a Wall Street Journal journalist.

O'Donnell and Trump have publicly feuded in the past, with Trump making derogatory comments about her looks and weight. THE ASSOCIATED PRESS

metro WHEELS
Your essential daily news
Volkswagon Group becomes world's largest automaker, Toyota still top in sales

Crossover packs cargo room

REVIEW

Niro can take on the Prius sedan with fuel efficiency

Dan Ilika
AutoGuide.com

As the first dedicated hybrid crossover on the market, the Niro occupies a unique space that's barely been tapped by the likes of the hybrid versions of the Toyota RAV4 and the U.S.-exclusive Nissan Rogue. But unlike both of those, which burn only slightly less fuel than their purely gas-powered siblings, the Niro has what it takes to do battle with the Prius sedan at the pumps.

Hybrid crossovers, even front-wheel-drive ones, aren't exactly fuel efficient. That's because they're big, tall and heavy. That's why the 2017 Kia Niro — unlike both gas-electric versions of the RAV4 and Rogue — is built on a platform that was developed specifically for hybrid applications.

Those underpinnings, which are shared with the upcoming Hyundai Ioniq, allow the Niro to be more slight and squat than a traditional crossover. The Niro rides low to the ground in a bid to improve efficiency.

Also helping on the efficiency front is the Niro's powertrain, which, like its platform, is shared with its sister Ioniq sedan. It combines a 1.6-litre gas engine with a small electric motor that works with a rear-mounted battery pack to add electrons to the drive, while power is transferred to the pavement through a six-speed dual clutch automatic transmission.

And this is where the Niro's only major concession comes into play. Unlike the Rogue and RAV4 hybrid models, it's only available with front-wheel drive. This helps the Niro achieve its impressive fuel economy numbers — combined ratings range from 5.5 L/100 km to 4.7 L/100 km depending on trim.

Doing without all-wheel drive has an additional benefit. Engineers were able to mount the Niro's lithium-ion battery pack beneath the rear seats. While most hybrids have their battery packs mounted in the cargo area, doing so cuts into available space.

Cargo room in the Niro sits at a reasonable 549 litres with the second row of seats upright and 1,543 litres with them folded. Making the most out of the available space, the Niro's tailgate opening is nice and wide, while its rear wheel wells barely cut into cargo volume thanks to cleverly packaged rear suspension.

When it comes to being both a crossover and a hybrid, the 2017 Kia Niro finds itself with few rivals. That list shrinks even further when you factor in its price. Base models start at just $24,995, strategically undercutting the Toyota Prius by a hefty margin.

Overall, it's an impressive offering that executes Kia's bang-for-your-buck strategy to near perfection.

THE CHECKLIST | 2017 KIA NIRO

THE BASICS

Engine: 1.6L 4-cylinder, electric motor, 1.56-kWh lithium-ion battery
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 4.6 city, 5.1 hwy
Price: Starts at $24,995

LOVE IT
- Incredibly efficient
- Unmatched bang-for-buck

LEAVE IT
- Unremarkable acceleration
- Lack of all-wheel drive

AMERICAN MADE

F-150 Raptor becomes first in F-series officially sold in China

Jason Siu
AutoGuide.com

The American automaker has begun shipping its 2017 Ford F-150 Raptor to customers in China.

This is the first time any U.S.-built F-Series truck has been officially exported to China, joining the Ford GT, Focus RS, Focus ST and Fiesta ST as Ford Performance offerings in the country.

The Ford F-Series pickup truck has been the best-selling vehicle in the U.S. for 35 straight years.

Manufactured in Dearborn, Michigan, the all-new F-150 Raptor is powered by a 3.5-liter EcoBoost V6 engine providing 450 horsepower and 510 pound-feet of torque.

Ford isn't the only American automaker exporting pickup trucks to China. Late last year, Chevrolet announced it will export U.S.-built Silverado and Colorado pickups to China starting this year. Forbes reported that Chinese buyers are already paying top-dollar for a record number of Dodge Rams, some of which are entering the country through illicit channels.

"Raptor's unique looks and capability have generated amazing buzz at every auto show we've brought it to around China," said David Schoch, Ford group vice president and president, Ford Asia Pacific.

"F-150 Raptor is another example of our commitment to offer a wide range of vehicles for customers in China."

Michigan-made model joins growing list of pickup trucks by American automakers being exported to China. HANDOUT

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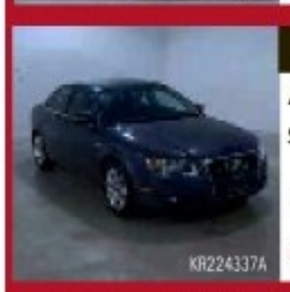
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STINGRAY

Proof of Corvette wagon appears

First announced in 2013, it almost seems like Callaway's shooting brake version of the Corvette Stingray would never become reality. But in April 2016, the company confirmed it was heading to production and now there's proof. Pete Callaway, California general manager of Callaway Cars, took to Facebook to share some images of the Chevrolet Corvette AeroWagen in all its glory. JASON SIU/AUTOGUIDE.COM

DELIVERY

Off-road cargo

Nissan is taking deliveries to the next level, making sure that cargo can get anywhere. The NV Cargo X is a project vehicle that debuted 2017 Chicago Auto Show. It stands at over seven-and-a-half feet, sits on 37-inch tires and is powered by a 5.0-liter V8 turbo diesel. Built in partnership with off-roader Ian Johnson, this van was built to be a rock crawler and its own support vehicle. The suspension is heavily modified to fit the big tires, though the standard leaf spring design is retained in the rear end. A custom LED light system, a 10,000-lb front-mounted winch, a tube bumper and a custom skid plate complete the van's off-road gear. STEPHEN ELMER/AUTOGUIDE.COM

WHEELS BRIEFS

Station wagon here to stay

Sporting 603 horsepower and 627 pound-feet of torque, the Mercedes-AMG E63 S Wagon is more than just a family hauler.

Wagons may seem to be a dying breed in the U.S., giving way to crossovers and SUVs, but Mercedes-AMG doesn't have any plans of stepping away from the market. The standard E400 4MATIC Wagon is heading to dealers by March and joining it this fall will be the high-performance AMG E63 S variant. JASON SIU/AUTOGUIDE.COM

metro SPORTS

The Lions open the CFL season by hosting the Eskimos on June 24 at BC Place Stadium

Nucks lose 4th straight

NHL

Baertschi concussed by hit well away from puck

Viktor Arvidsson and Calle Jarnkrok each had a goal and an assist to lead the Nashville Predators to a 4-2 victory over the Vancouver Canucks on Tuesday night.

Filip Forsberg and Mike Fisher also scored and Pekka Rinne made 31 saves for Nashville. Roman Josi added two assists.

Markus Granlund and Alexander Edler had the goals for Vancouver, which has lost four straight.

TUESDAY in Nashville

4	2
PREDS	CANUCKS

Granlund scored the first goal at 6:01 of the opening period.

Brandon Sutter won a faceoff against newly acquired Predators centre Vernon Fiddler. Granlund picked up the puck, and his wrist shot deflected off the stick of Nashville defenceman Yannick Weber and beat Rinne to the far side. It was Vancouver's first shot on goal in the game.

Arvidsson tied it at 12:20 of the first.

Carrying the puck down the left side, Colin Wilson slipped a pass to Arvidsson at the left faceoff dot, where he beat Vancouver goalie Jacob Markstrom with a one-timer high to the glove side.

Markstrom finished with 29 saves.

Arvidsson has nine points in his last nine games.

Jarnkrok made it 2-1 at 16:32 of the first. From the low slot, his initial shot was denied by Markstrom, but Jarnkrok was able to swat at the rebound with a backhand and slip it just underneath his countryman for his ninth goal of the season.

Forsberg's power-play goal at 9:04 of the third made it 3-1, a slap shot from the left side. The goal was initially waved off, but video review showed the puck crossed the goal-line under Markstrom's glove.

Vancouver drew within one at 12:06 of the third when Edler beat Rinne with a wrist shot from the high slot to Rinne's stick side on a Canucks power play.

Fisher scored an empty-net goal with 42.3 seconds remaining.

Canucks left-winger Sven Baertschi left early in the first after being hit by Nashville's Cody McLeod in the Predators zone well away from the puck. No penalty was assessed on the play. The team announced that Baertschi sustained a concussion. THE ASSOCIATED PRESS

NFL PATRIOTS BRING THE PARTY TO THE STREETS New England Patriots, from left, free safety Devin McCourty, quarterback Tom Brady and head coach Bill Belichick hoist Super Bowl trophies during a rally Tuesday in Boston to celebrate Sunday's 34-28 win over the Atlanta Falcons. Hundreds of thousands of jubilant fans lined the parade route and endured snow and rain to fete the Pats for winning their fifth NFL championship.
BARRY CHIN/POOL/THE BOSTON GLOBE VIA THE ASSOCIATED PRESS

NHL

Bruins part ways with Julien

The Bruins felt they needed a change at the top, even if it meant doing it on a day when the city was celebrating a championship.

Boston fired Stanley Cup-winning coach Claude Julien on Tuesday, just hours before a downtown parade in honour of the New England Patriots' Super Bowl victory.

General manager Don Sweeney apologized for the timing, but said the team's two-day break between games provided time to recover from the emotions of Julien's dismissal. He said he wasn't oblivious of the optics, but added, "I'm not going to make a decision just based on that."

Claude Julien
GETTY IMAGES

With the team in danger of missing the playoffs for a third straight season, Sweeney felt he had little choice. Boston has lost two in a row and six of nine and fallen out of a playoff spot in the Eastern Conference. Assistant Bruce Cassidy was named interim coach.

"I had come to a conclusion that in moving this group forward with an eye toward the plans that have been put in place, that I wasn't willing to commit to a longer term basis with Claude," Sweeney said.

He also said there is time before the March 1 trade deadline to make adjustments that could get the Bruins in position to make the playoffs.

"There's no question I think this group has a chance to get in," Sweeney said.
THE ASSOCIATED PRESS

IN BRIEF

Lions sign Waters to take on kicking, punting duties

The B.C. Lions have signed American kicker and punter Swayze Waters to a one-year contract, the club announced Tuesday.

Waters won a Grey Cup with the Toronto Argonauts in 2012 and was named the CFL's top special teams player in 2014.

The native of Jackson, Miss., sat out most of the 2015 season with a hip injury before inking a deal with the Carolina Panthers.
THE CANADIAN PRESS

Falcons quickly fill void at offensive co-ordinator

The Atlanta Falcons have hired Alabama's Steve Sarkisian as their new offensive co-ordinator.

The move was announced Tuesday, a day after Kyle Shanahan left to become head coach of the San Francisco 49ers.
THE ASSOCIATED PRESS

Ban may keep Russia out of track and field worlds

Russian athletics looked set for conflict with the IAAF over doping even as the government admitted on Tuesday some top coaches relied on giving banned substances to their athletes.

The IAAF on Monday said Russia would probably not be reinstated to global athletics until at least November, meaning there won't be an official Russia team at the world championships in August.
THE ASSOCIATED PRESS

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Fitting send-off for retiring trio

WOMEN'S SOCCER

Boss Herdman emotional and optimistic after Canada's win

Canada's Deanne Rose gets a shot past Mexico's goalkeeper during Saturday's friendly at BC Place Stadium in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

John Herdman saw plenty of rust but also lots to celebrate in Canada's 3-2 win over Mexico on the weekend.

The B.C. Place Stadium friendly was billed as a tribute to his Olympic bronze-medal team and the Canada coach was choked up as he led a post-match tribute to the retiring Marie-Eve Nault, Melissa Tancredi and Rhian Wilkinson. But while celebrating the past, Herdman also had an eye open to the future.

With his squad having just one camp together since last summer's Olympics in Brazil and limited recent playing time, he was not surprised Saturday's performance was spotty. There were giveaways galore. But Deanne Rose scored on a beautiful individual effort in the 14th minute before Janine Beckie showed her shooting accuracy in the 26th.

Herdman enjoyed both pieces of skills but took particular pleasure in Canada's third goal in the 40th minute. After being chopped down for a penalty, Canadian captain Christine Sinclair stepped aside to let Beckie take the spot kick. An observer might have thought Sinclair was just catching her breath after going down hard. But Herdman said something else was at play.

"She knew in the Olympics the penalty (miss) against Australia hit Janine hard, from a confidence point of a view," said Herdman. "As a leader she allowed Janine to take that penalty, Christine is our penalty-taker, for sure. But she's a class act and that was a great piece of leadership."

Beckie buried the penalty for a goal. The front five of Beckie, Rose, Sinclair and teenage midfielders Jessie Fleming (18) and debutante Sarah Stratigakis (17) ebbed and flowed like an attacking current at times, complete with delicate one-touch passing. "Another level of football that maybe we haven't seen," Herdman said approvingly.

He sees it as evidence of the growth of a Canadian team ranked fourth in the world.

"In the past it used to be stop Sinclair and you'll stop Canada," Herdman added. No longer. "We're starting to really develop an offence that can cause problems. But with that, we've got to maintain that Canadian DNA of strong defence."

> **"Another level of football that maybe we haven't seen."**
> John Herdman

Injuries and absences did not help the Canadian cause against Mexico, especially at centre back. Nault, who has already started her post-playing career as a coordinator at a regional Quebec training centre, was originally slated to watch from the sidelines. Nault, who didn't get word from Herdman that she was playing until two weeks ago, ended up captaining the team and playing the full game.

Herdman won't get his players together again until Feb. 24, about a week in advance of the Algarve Cup in Portugal where Canada is defending champion.

Herdman expects to have a full squad with France-based Kadeisha Buchanan and Ashley Lawrence released for the tournament. Germany-based Sophie Schmidt, who was injured, should be healthy.

THE CANADIAN PRESS

COPA DEL REY

Suarez the hero and villain as Barca win

Lionel Messi and Luis Suarez teamed up again to send Barcelona to a fourth consecutive Copa del Rey final after a combative 1-1 draw with Atletico Madrid on Tuesday that saw three players sent off.

Suarez fired in a rebound from Messi's shot to put Barcelona ahead, but the Uruguay striker will miss the final after being dismissed for a second booking in the 90th minute of a game that helped his team to a 3-2 victory on aggregate.

Barcelona's Sergi Roberto was the first player to be sent off after collecting a second yellow card. Atletico's Yannick Carrasco followed after a second booking for cutting down Arda Turan.

Moments after Kevin Gameiro missed a penalty kick over the Atletico striker equalized in the 83rd to add some drama to the finale.

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MAKE IT TONIGHT

Easy Mini Turkey Meatloaves

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Double this recipe so you've got a few meatloaves to go in the freezer. That's how much you're going to love them.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.

2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.

3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

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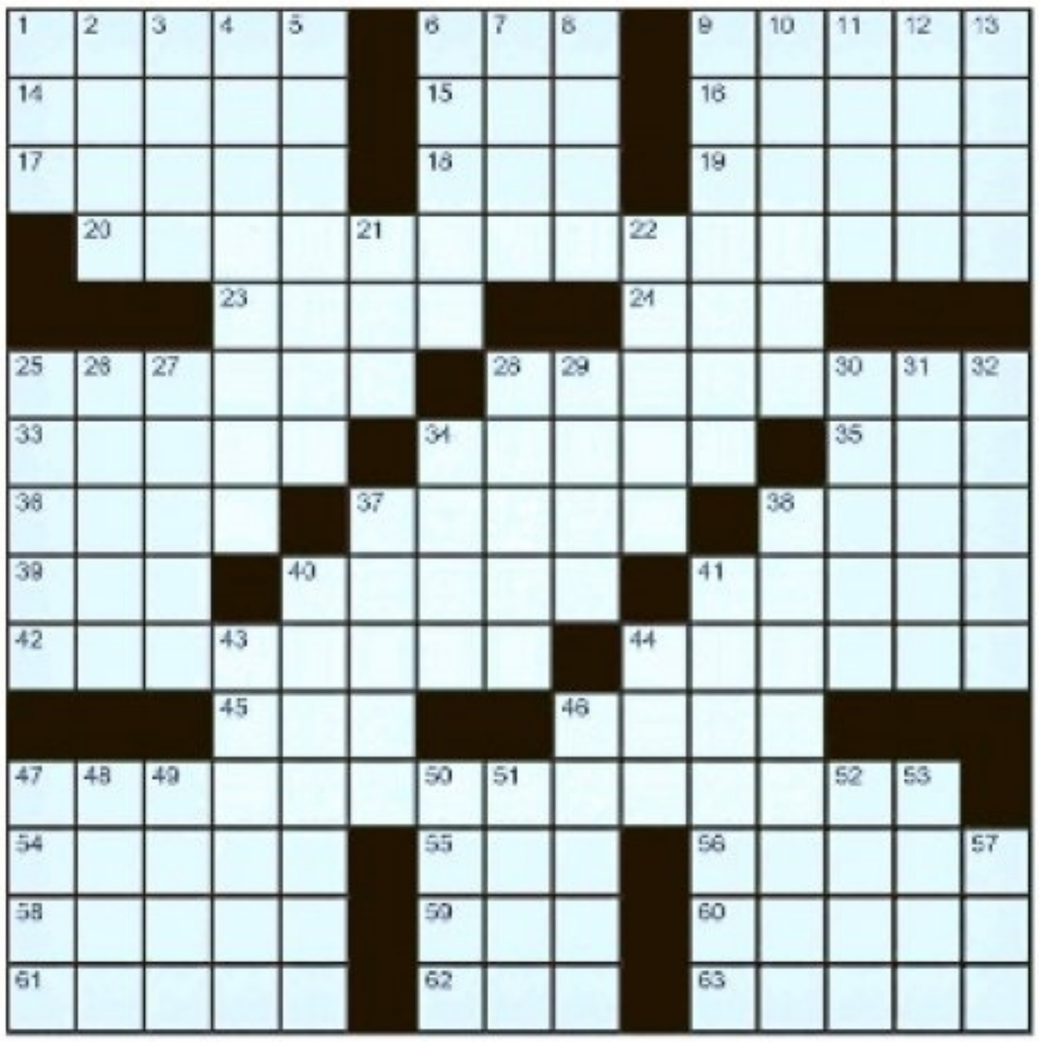
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Up to now: 2 wds.
6. Electrical resistance unit
9. Thanks, in Munich
14. Exonerate
15. Hawaiian dish
16. Ms. Verdugo of "Marcus Welby, M.D."
17. Aquarium fish
18. Strong-__
19. "Robert De __ Waiting..." by Bananarama
20. Whitehorse aka 'The __ __'
23. Money owed
24. Business: Co., in French
25. Soak up
28. "The Social" on CTV, for example: 2 wds.
33. Wanders
34. Crocheter's creation
35. Latin roe
36. Auberges
37. Actress, Lauren __
38. Drama king Sir Coward
39. Manchester, __.
40. Serf of Sparta
41. Close-knit unit
42. Captain Cook, for one
44. Believes
45. Blood-typing letters
46. 2003 Samuel L. Jackson/Colin Farrell m.o.v.i.e.
47. UNESCO World Heritage Site in Labrador: Red Bay Basque __ __ (Where 16th-century mariners from the Pyrenees region of France/Spain hunted Rights and Bowheads to supply oil, such as for lamps, to Europe)
54. English Channel sight, Isle of __
55. Cacharel perfume
56. Mythological blood
58. "__ __ helicopter!" (Stranded-on-the-mountain exclamation)
59. Totally
60. Gullible
61. Sluggish
62. Head-to-__
63. Crow

DOWN
1. Do
2. Batch
3. Fabled snowy creature
4. Peerage realms
5. Stock switchers
6. '60s abstractionism: 2 wds.
7. "Come Blow Your __" (1963) starring Frank Sinatra
8. Street performer
9. Concentration
10. Restaurant where you can get anything you want in the Arlo Guthrie tune
11. Italian saint, Philip __
12. Combing problem
13. Simple
21. Wane in the waters
22. Like a fish's outers
25. Horoscope sign
26. __ Bay, Newfoundland
27. __ __ song (Did what vocalists do)
28. "Blue Ain't Your __" by Keith Urban
29. To the __ (Fully)
30. Parka parts
31. Blatant
32. United Kingdom country
34. Bananas brand
37. Wading bird
38. Tragically Hip's "__ Disaster"
40. __ for Humanity
41. Packing the goods for a cargo shipment
43. 'Honey Capital of Canada' town in Alberta
44. Ex-airline
46. Croutons-making ingredient, __ bread
47. Allies vs. Axis arena [abbr.]
48. __ '__' Hers
49. American writer James
50. Irritating fly
51. Alone
52. Cincinnati's state
53. 'N' of NS
57. __. General

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the second day in a row where things are volatile at home or with spouses and partners. Do what you can to keep the peace, because tomorrow is a much easier day.

Taurus April 21 - May 21
Something will create detours and delays in your daily routine today. Therefore, allow extra time for everything so that you have wiggle room for dealing with the unexpected.

Gemini May 22 - June 21
Something unexpected will affect your cash flow or finances today. You might find money, or you might lose money. Guard your possessions against loss or theft.

Cancer June 22 - July 23
Once again, the Moon is in your sign, at odds with another planet! You are too impulsive and trigger-happy. Just calm down and do not overreact, especially when talking to bosses.

Leo July 24 - Aug. 23
This is a restless day for you. Because of this, you could make an error in judgment. You also might say something you'll later regret. Be cool — who wants egg on his or her face?

Virgo Aug. 24 - Sept. 23
During discussions with friends or groups, something regarding shared property might blow you out of the water. Do not be hasty; do not shoot from the hip. Think before you speak.

Libra Sept. 24 - Oct. 23
Once again, your relations with parents and bosses are subject to surprises and interruptions. These interruptions might even include arguments. Don't say anything you will regret.

Scorpio Oct. 24 - Nov. 22
Travel plans will be interrupted, delayed or changed today. Likewise, school schedules, especially for colleges, universities and technical schools, might be unreliable.

Sagittarius Nov. 23 - Dec. 21
Double-check your bank accounts and anything to do with inheritances and shared property, because something might throw you for a loop.

Capricorn Dec. 22 - Jan. 20
People are impulsive and emotional today, which is why you have to maintain your cool. Avoid arguments with family members, partners and spouses.

Aquarius Jan. 21 - Feb. 19
Equipment breakdowns, computer glitches and interruptions to your work routine will be frustrating today. Prepare for the worst and hope for the best.

Pisces
Feb. 20 - March 20
Parents should be vigilant about their kids, because this is an accident-prone day. Likewise, social events and anything related to sports might have sudden changes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			3		9			
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	3		9		4		2	
			5		8			
4								8

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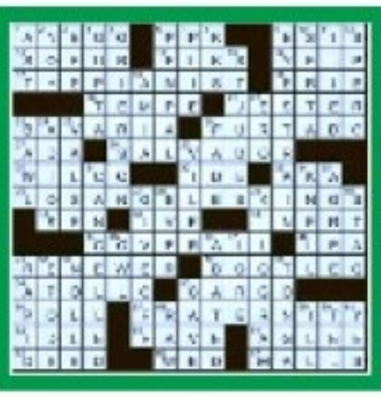

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3	9	7	6	1	2	5	8	4
1	2	4	3	8	5	6	9	7
5	6	8	4	7	9	1	3	2
4	8	9	5	2	6	7	1	3
7	3	6	9	4	1	2	5	8
2	5	1	7	3	8	4	6	9

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